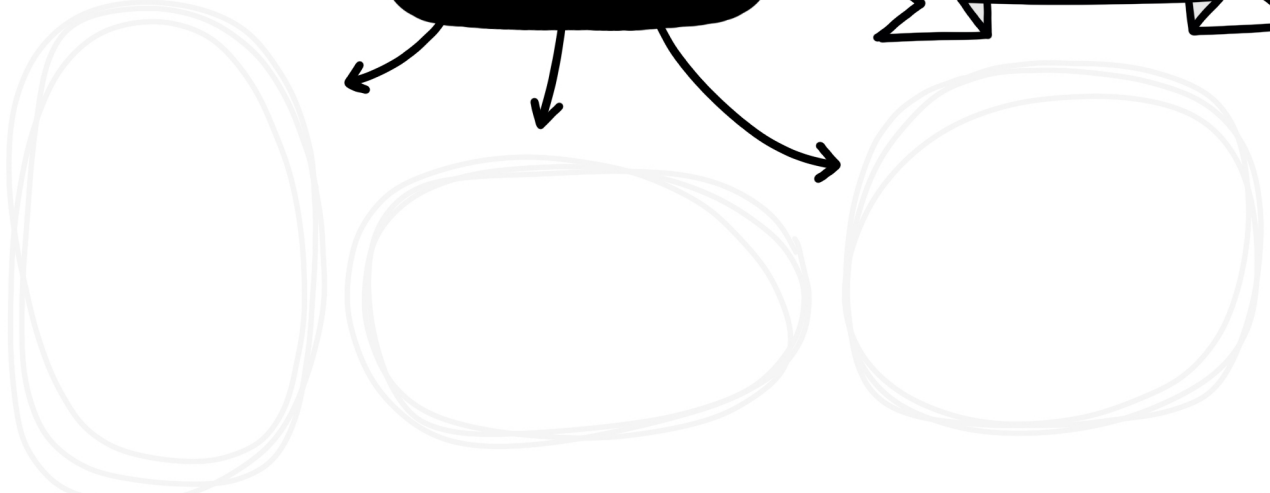
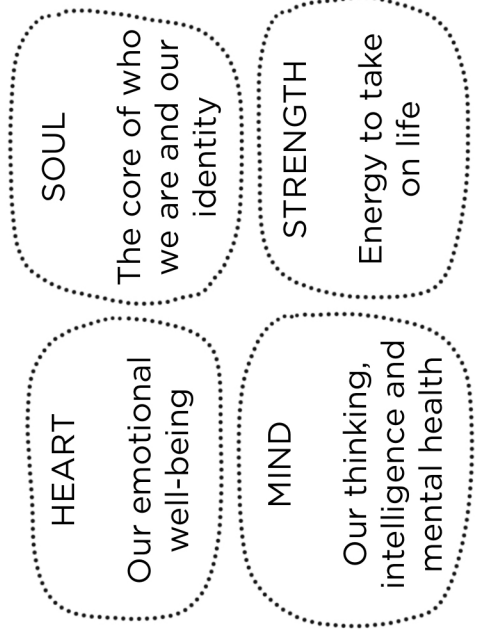


Why is it important to be healthy?



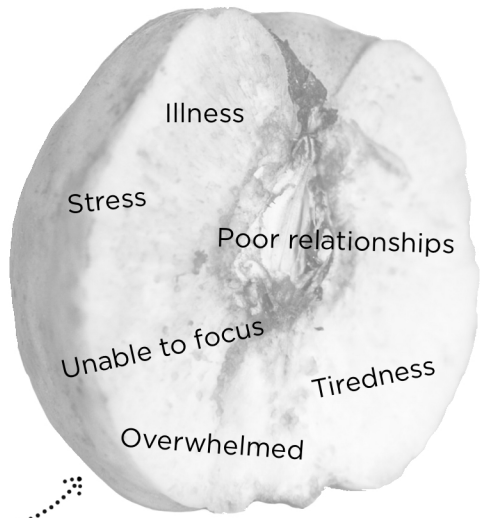
HOW TO BE HEALTHY

One way of thinking of yourself and your health is that you are made up of 4 parts. Heart, Soul, Mind and Strength.*

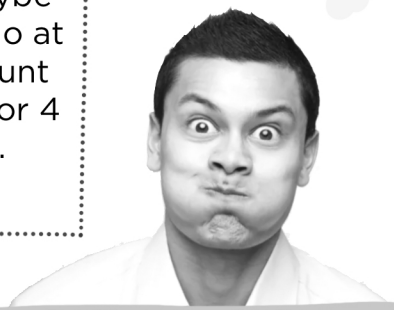


Grab a sheet of paper and split it into 4. In each section, write one of these headings and write down some ways that you could specifically look after your health in these areas.

If we don't look after our health, we can end up being in a rotten condition.



Rest
Slow, deep breaths are a great way of stilling our bodies and minds; especially when we are feeling anxious or panicked. Find a comfortable place, maybe even close your eyes. Have a go at slowly breathing in for the count of 4. Then hold your breathe for 4 and then breathe out for 4. Repeat this a few times.



We need to breathe to send oxygen to the cells in our bodies so that they can produce energy. We also breathe out to remove toxins that could cause us harm.



Grab some balloons and pens
Hold a deflated balloon and look at its lifeless shape. Chat about the things that drain your energy and make you feel like this balloon looks. Now blow the balloon up and tie the end. This balloon is full of life. Use a felt tip pen to write on the balloon things that bring you life and help you to be healthy.



How would you currently rate your level of health on this scale?

WATER

Drinking water improves focus, the condition of your skin and blood circulation. Carry a bottle of water with you this week. See if you drink a certain amount each day or go a whole week without drinking anything except water.

SMILE

Smiles are contagious and don't only make you feel better, but can make a huge difference to someone else's day too. Aim to smile at 10 people today.

HANG OUT WITH OTHER PEOPLE

Being with people in real life rather than digitally can help with regulating emotions and lowering anxiety. Arrange to meet up with some friends this week.

BE GRATEFUL

Can help you feel more content, reduces stress and has been shown to improve sleep quality. Before bed, write down or tell someone else 3 things that you're grateful for.

GET OUTSIDE

Being outdoors can help with creativity and boost energy. Set a challenge to be outside for at least 10 minutes each day.

Here are some suggestions of things that you could do to help yourself be healthy.

(Why not tick each one off when you give it a go)

SLEEP

Poor sleep can lead to sugar craving. Good sleep can lead to improved memory, helps fight infection and increases energy. Try to make the place you sleep more comfortable, relaxing and seem more inviting.

EXERCISE

Being active lowers the risk of disease and reduces stress. Try a new physical activity this week.

EAT MORE GREEN

Eating vegetables can protect your body against toxins and improve your digestive system. Why not start a 'green chart' in your house where every time you eat something green in a week, most green in a week. See who can eat the most green in a week.

REDUCE SCREEN TIME

Limiting screen time (especially for the hour before bed) can help you relax more easily and have better sleep. Why not try a week of having no screens on in your bedroom at all!

HELP OTHERS

This can bring a sense of satisfaction and calm. On pieces of paper, write down things you could do to help others, pop them in an empty jar and then pick one out each day to do.